AFTER THE SLIDE

AVALANCHE WEEK — PART 1 OF 5: HOW THE DEATH OF SEVEN CHILDREN NEAR THE B.C.-ALBERTA BORDER CHANGED EVERYTHING PAGES 6 & 7

LONDON metro®

Monday, January 28, 2013

News worth sharing.

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‘It’s great’: LGBTs on Wynne’s win

“We’ve wondered about why we haven’t had a higher percentage of women in legislatures and in Parliament,” Kathleen Wynne says. “Well, maybe now we’re reaching a critical mass.” The newly elected leader of the provincial Liberal party — and Ontario’s next premier — made the remarks on Sunday in Toronto. VINCE TALOTTA/TORSTAR NEWS SERVICE

Kathleen Wynne.

Election a big step for women, lesbian and gay community, some say

ANGELA MULLINS
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Having a lesbian at the helm of the Ontario legislature sends a strong message, the president of the Pride London Festival says.

Kathleen Wynne’s election as the provincial Liberal leader — and the next premier — brings a sense of normalcy to all members of the LGBT community.

“Any time we see a sign of equality like that, I think it’s great for our community,” said Andrew Rosser, 27. “It also shows younger people coming out that there are people who are successful in their jobs, and it’s not such a weird thing, not such a different thing” to be gay.

Premier Kathleen Wynne

- Wynne, 59, was elected to the legislature in the Liberal sweep of 2003, and has served as minister of education, aboriginal affairs, municipal affairs and transportation. Before entering politics, she was a conflict-mediation professional running her own company.

Wynne, who is married with three children and two grandchildren, attended events at last summer’s Pride London parade. Seeing her thrust into the provincial spotlight months later is “exciting,” Rosser said.

While Wynne — Ontario’s first openly gay leader — acknowledges feeling a special responsibility to LGBT youth, she doesn’t want her sexual orientation to overshadow her job.

“The province has changed, our party has changed. I do not believe that the people of Ontario ... hold that prejudice in their hearts,” she said during a Saturday speech to Liberal delegates.

The real historic thing, she says, is that she’ll become the sixth woman premier in Canada once she’s sworn in.

“We’ve wondered about why we haven’t had a higher percentage of women in legislatures and in Parliament,” she said on Sunday. “Well, maybe now we’re reaching a critical mass.”

Wynne plans on diving straight into business, promising to recall Queen’s Park by Feb. 19. She has vowed not to call an election this year or draft a budget that would trigger the government’s defeat.

Among the tasks at hand is mending relations with teachers’ unions angry about legislated contracts.

She will also face controversies left behind by former premier Dalton McGuinty, including decisions to cancel gas plants in two Liberal ridings and a criminal probe of the Ornge air-ambulance service.

WITH FILES FROM THE CANADIAN PRESS

How far will they go?

City politicians are facing tough decisions as they look for ways to keep their promise of no tax hike PAGE 3

Golden eagle

Remember that student video of a fake eagle snatching a baby in Montreal? It turns out the hoax was no joke when it came to raising money for the school PAGE 9

Penguins rebound

James Neal lifts Pittsburgh to a 2-1 victory over the Ottawa Senators with a flawless shootout PAGE 17

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Drugs, weapons seized

Police's street gang unit makes arrests

An early-morning search of two residences has led to five men being arrested.

On Saturday at about 3:40 a.m., the London Police Service street gang unit executed two search warrants around Simcoe and Maitland Streets.

Five men were arrested and a quantity of drugs as well as a loaded firearm were seized. Police said the investigation is still continuing and charges are pending.

METRO

Break-and-enter charge

Neighbour's phone call leads to charge against London man

Police were called to a home on Ronald Street on Friday afternoon after a neighbour saw a suspicious male around the residences.

Police arrived and arrested 29-year-old Keith Currie of London. He was charged with one count of break and enter. The stolen items from the residence were recovered at the scene.

METRO

Getting up close at the London Lifestyle Home Show

Garbrielle Bella, 8, left, and her mom, Andrea Bella, 41, both of London, check out the Thunderhead shower nozzle as salesman Aaron Walker talks about the product during the Lifestyle Home Show on Sunday at the Western Fair District. The London Homebuilders' Association's three-day show drew thousands of people to the fair district to look at everything from the latest styles in purses to backyard decks to appliances. ANGELA MULLINS/METRO

A city budget repeat?

Hard truth. Concern is growing that tactics posed for balancing 2013 budget will only postpone future pain

City politicians will be facing an $11.5-million roadblock on the way to zero when budget talks resume after a two-week breather.

At least some are worried that will mean a repeat of 11th-hour decisions made last year — dipping into reserve funds or even borrowing money to avoid a tax hike.

"I do continue to have the concerns that we're going to go to the reserves or go to the debt market," Coun. Paul Hubert said. "I'm not sure there's appetite for that in the public."

Either move would be a blow to taxpayers, the councillor said.

"All you're doing is putting if off for someone to pay more for that item tomorrow," Hubert said.

Reserves, he said, are already hurting — projected to be down 25 to 30 per cent "across the board" at the end of the year compared to 2010.

"Is that OK?," he said about the dip. "Probably. But how far do you want to go?"

Councillors staved off nearly all proposed service cuts during full-day budget sessions Thursday and Friday.

Affordable housing programs, road sweeping and sidewalk snow removals were all big winners in the first day, avoiding the axe as about $4 million worth of cuts and revenue-generating plans were approved.

Libraries and buses were spared budget blows Friday, with council approving funding increases — worth about $1.6 million combined — to the boards. Without the money, library hours and bus routes would have been slashed, officials had said.

The capital budget will be up for discussion when debate continues Feb. 7. Finding millions of dollars for new projects — including the initial $6-million instalment toward council's 10-year economic prosperity plan — is expected to be on the table Feb. 8.

ANGELA MULLINS/METRO

Budget 2013 at a glance

- Council needs to cut or find new revenue worth about $20 million to avoid a tax increase.
- When budget talks broke Friday, about $11.5 million remained to be cut, the equivalent of a 2.5 per cent tax increase.
- All decisions made during budget talks are preliminary. Nothing's final until the budget is approved Feb. 28.

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Environment Canada. Freezing rain expected

Environment Canada has issued a special weather statement, warning of a prolonged period of freezing rain and ice pellets. The freezing rain was expected to start early Monday morning and not taper off before noon.

Rob Kuhn of the Ontario Storm Prediction Centre says drivers should be prepared for dangerous conditions this morning.

"There's going to be one or two centimetres of snow before, so that helps a bit. But when we've got ice pellets and especially freezing rain, it's going to be during the morning rush hour, so untreated roads could be icy and slippery," said Kuhn. "Motorists and pedestrians alike should really be prepared. They should consider tweaking their travel plans if they can ..."

Environment Canada says there is a chance we could break a weather record on Tuesday when the temperature is expected to reach 11 C. AM980.CA

Forecast

The forecast is calling for above-normal temperatures for most of the week, and significant amounts of rainfall into Tuesday.

Urgent Care Centre

St. Joseph's to extend hours

As of March 1, St. Joseph's Health Care London will extend the hours of the Urgent Care Centre to 8 a.m. to 6 p.m., Monday to Friday. Hours will remain 8 a.m. to 4 p.m. on weekends and holidays. METRO

Howard Rundle

Fanshawe College head to retire

Fanshawe College president Howard Rundle is retiring, effective Aug. 31.

Rundle was appointed Fanshawe's fourth president in 1995. Before that, he held various positions at Fanshawe since joining in 1972. METRO

Sharing a message of hope

Survivor. Iranian prisoner-turned-author aims to inspire others through personal experience

ANGELA MULLINS
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Strength, bravery, survival: They are words that meant nothing to Marina Nemat as she sat in an Iranian prison.

Tortured by guards and listening as hundreds of people were executed, the 16-year-old was on autopilot — "a machine responding minimally" to the "echoes" of reality.

"It's not strength. It's a big mistake to think about it as strength," Nemat said. "When I was hearing the sounds of the execution, there was no emotion. There wasn't fear, there wasn't panic. There wasn't a lot of thought going into it."

It was an emotionless pantomime of life that started in January 1982 when guards came to her middle-class home in Tehran and arrested her for speaking out against the government. Some of her friends had already faced the same fate — "disappearing" during the years of the Iranian Revolution.

Nemat remembers her father crying as guards held her at gunpoint and searched the family home, confiscating books — including those by Jane Austen — to serve as "evidence" of her disobedience.

"There was this gap between me and reality. I could see reality, I could hear reality, I could smell reality. But it was just a void, it was a huge black, stupid void," she said. "You just disconnect."

The disconnect stayed with her for decades, pushing her through two years in the notorious Evin prison, a forced marriage to a prison guard that freed her, a return trip to death row and, eventually, freedom at the hands of the guard's family.

It wasn't until after she fled to Canada in 1991 that emotions — including forgiveness, the most powerful of all — began seeping through.

Now, she talks to others about her life with hopes of inspiring them to make a difference any way they can.

"It took 20 years and my mother's death for me to start looking at things, analyzing them and feeling things, very slowly and cautiously," said Nemat, now 47 and living in Aurora, Ont.

"There are a lot of elements of suffering I cannot shake off, but if I create something positive out of all the negative stuff, I can still live, and I can create goodness, something to smile about."

If you go

- Marina Nemat will speak at 7 p.m. on Tuesday in University Community Centre's West Mustang Lounge at Western University.
- The talk is sponsored by Western Navigators, a campus Christian group.

Marina Nemat was jailed in Tehran when she was 16 years old. CONTRIBUTED

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Metro London Student Athletes of the Week!

Meet Metro's featured students from **Oakridge S.S.** This weekly feature highlights exceptional students in London in partnership with the Thames Valley District School Board.

Age 17

Sports: Boys Volleyball, Boys Basketball, Track and Field

College/University: Windsor or Guelph (Engineering or Sciences)

Athletic Achievements: 09'-11' Male Athlete of the Year
2009-2011 Track and Field Award
Volleyball - TVRA (9-12) and WOSSA Champion (9,11,12)
OFSAA Gold (11) and Silver (12) Medalist
T&F - TVRA (9,10) and WOSSAA (9, 10) Champion,
OFSAA Track and Field Gold (9,10) and Bronze (11) Medalist in Pole Vault

Community involvement: Volunteer at Provincial track events and basketball and volleyball tournaments in elementary school, peer mentor, camp councillor, aid in baseball tournaments

Age 17

Sport: Girls Basketball, Swimming, Track and Field, Girls Soccer

College/University: Bio Med at Queen's University

Athletic Achievements: 2009 BBall WOSSAA finalists
2010 BBall TVRA & WOSSAA champions
2011 BBall TVRA finalists
2012 BBall TVRA finalists
Swimming - TVRA and WOSSAA finalist
Track & Field - TVRA and WOSSAA medalist

Community Involvement: Habitat for Humanity, Best Buddies, Me to We, Coach skiing to diasabled youth, Volunteer soccer coach, Peer mentor, Assistant life guard

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THE AVALANCHE THAT

Metro's Avalanche Week

The first in a five-part series

"Avalanche!"

The desperate warning comes as a skier helplessly watches a massive wall of snow cascade towards 14 students, two teachers and a chaperon. But it was too late to get out of the slide's path.

Feb. 1, 2003. Seven students, all 15 years old, died that day in B.C.'s Connaught Creek.

A decade after the most devastating avalanche season on record, the natural phenomenon continues to instill fear, intrigue, curiosity and awe.

The sheer spectacle — and danger — of avalanches remains the same, but much has changed since 2003.

Follow Metro all week as we delve into avalanche safety's darkest day and its lasting legacy on the nation.

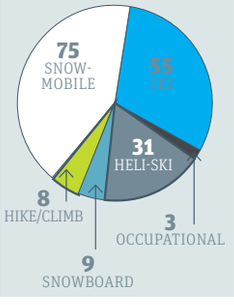
We'll bring you stories of personal tragedy and survival, along with in-depth looks at the individuals and institutions working on the front line to keep people safe as more and more people venture into Western Canada's stunning wilderness.

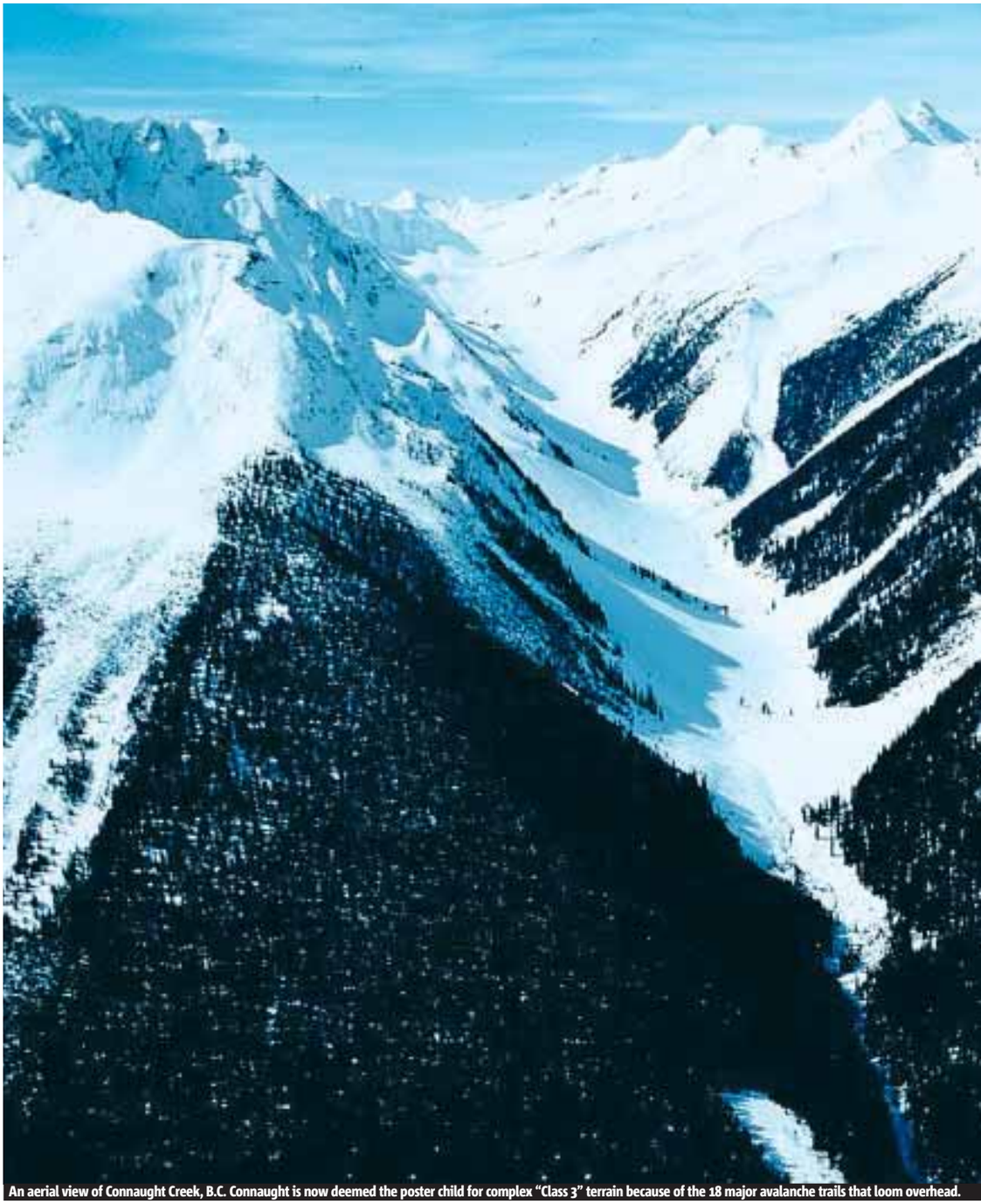
THE TRAGEDY

Tomorrow: The Risk
The call of the wild and its sometimes deadly nature.

B.C. deaths by activity: '96 - '12

SOURCE: B.C. CORONERS SERVICE





An aerial view of Connaught Creek, B.C. Connaught is now deemed the poster child for complex "Class 3" terrain because of the 18 major avalanche trails that loom overhead.

Impetus for change

The deadliest avalanche season on record forced Parks Canada to reform the country's avalanche safety systems.

The winter of 2002/2003 claimed the lives of 29 people (25 in British Columbia).

The most shocking incident was the deaths of the seven students in Connaught Creek

"It was a huge shakeup," said Grant Statham, a mountain risk specialist hired by Parks Canada to implement 36 recommendations in the aftermath of the slide.

Parks Canada developed world-leading public avalanche and terrain bulletins, provincial and federal governments got involved in funding programs, signage at parks were ramped up, and regulations were put in place dictating where supervised groups of youth could, and could not, access.

The recommendations also led to the creation of the Canadian Avalanche Centre, one of the lasting legacies of the 2002/2003 season.

The changes, unprecedented in scope, were born out of a deep collective pain and the desire to prevent future tragedies.

Quoted

"It was definitely a watershed moment for public avalanche safety."

Grant Statham, mountain risk specialist for Parks Canada

"One of the most important things was having the parents (of victims) involved," he said. "That was very tough, to work with someone that was grieving so much. There were a lot of fingers being pointed at us."

But it was worth it.

Many of the advances in Canada, such as the avalanche danger scale and icons, have since been universally adopted around the world.

Avalanche fatalities rates remain fairly steady (averaging around 10 a year in B.C.) even though backcountry use has grown exponentially.

"2003 has affected us deeply," said Statham. "It was a terrible event. But out of that, a lot of good has been done in the 10 years since."

MATT KIELTYKA/METRO IN VANCOUVER

Scott Broshko

Michael Shaw

Marissa Staddon

Jeff Tricket

CHANGED EVERYTHING

CONTRIBUTED/PARKS CANADA

Seven students dead.

Grief pushed parents to fight for better standards

EMILY JACKSON
Metro in Vancouver

For decades, a ski trip along Connaught Creek trail near B.C.'s majestic Rogers Pass was the crown jewel of the school's renowned outdoor education program.

On Feb. 1, 2003, Grade 10 student Daniel Arato was to follow in the tracks of his older brother who a few years before safely completed the overnight trip, run by the prestigious Okotoks, Alta.-based Strathcona-Tweedsmuir School.

But in just four seconds that Saturday morning, an avalanche barreled into the valley as the group crossed, resulting in a tragedy that would forever change Canada's approach to avalanche safety.

Daniel and six other students, all 15 years old, lost their lives.

Seven of their peers, two teachers and one volunteer leader survived, largely due to the immediate rescue efforts from a husband and wife pair of mountain guides who happened to witness the avalanche from a nearby slope. All were buried or partially buried under snow the coroner described as "like concrete" in the area's largest avalanche in 25 years.

The tragedy rocked the community as devastated families, friends and teachers grappled with the enormous loss: How could this happen to a group that was equipped with the right gear, well organized, educated in avalanche safety and on a path that hundreds traverse annually?

Daniel's parents, Peter and Judith Arato, say the school, Parks Canada and they, as parents, simply didn't understand or appropriately address the risks associated with the backcountry.

"You send your kids to school, and I think as parents we intrinsically trust that school is not taking any risks with your children," Judith said in an interview, her voice pausing only when she recounted the moment she learned of the accident. "They didn't themselves recognize they were playing Russian roulette with the children's lives."

In the decade since the tragedy, the Aratos' grief pushed them to work with Parks Canada to change the mindset from the "Enter at your own risk" signs posted at national park entrances to a culture of safety.

And though safety improvements won't bring back their son or his classmates Ben Albert, Scott Broshko, Alex Pattillo, Michael Shaw, Marissa Staddon and Jeff Trickett, the considerable safety changes are rewarding.

"We'd be disappointed if there was a tragedy and no one did anything," Judith said.

Snowshoers head into Seymour Provincial Park Jan. 20, where avalanche signage is impossible to miss.
JENNIFER GAUTHIER/METRO IN VANCOUVER

From 'enter at your own risk' to a culture of safety

Better practices

It was not acceptable to the Aratos that seven deaths were considered within the "normal" range during avalanche season.

"Every year if we had seven kids dying, would that be OK?" Peter questioned Parks Canada in the months that followed. "You need to work on getting the mindset to change."

Parks Canada agreed, and 10 years after the deadliest winter for recreational backcountry users on record, there is a culture of safety in place.

Parks Canada revamped the way risk is measured, rated terrain on its complexity and created separate rules for custodial groups. And any group of children not under parental custody will never traverse the highly complex Connaught Creek trail again.

The Aratos and the other parents never called for the cancellation of the outdoor education program, but an independent report on the Strathcona-Tweedsmuir School program by consultant Ross Cloutier in June 2003 recommended changes.

He found that it had become more "adventure" than "outdoor" education. Though he concluded most recreation, commercial and school groups would likely have skied that day, the real question was how much risk a school is willing to take.

The program now accepts a lower level of risk, outdoor education director Bruce Hendricks said.

The school holds extensive briefings for parents, updated its emergency response protocol and holds trip debriefings to seek continuous improvement.

Hendricks gets a dozen requests a year from schools looking to emulate the program, which was accredited by the Association for Experiential Education last year.

EMILY JACKSON/METRO IN VANCOUVER

Exclusively online

Judith and Peter Arato
CANDICE WARD/FOR METRO

The Aratos were shocked by what they saw when they took a helicopter ride over Connaught Creek after the accident. Listen to their story at metronews.ca/features/avalanche-week.

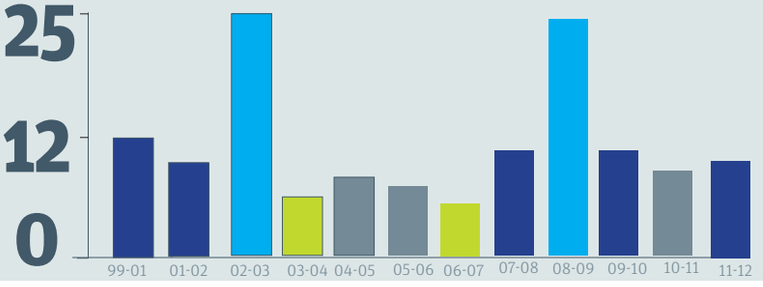
Ben Albert

Alex Pattillo

Daniel Arato

Avalanche deaths in B.C. between 1999 and 2012.

SOURCE: B.C. CORONERS SERVICE



Over 230 dead in nightclub blaze

Santa Maria, Brazil. Wall of bodies and toxic smoke prevented revellers from escaping

Flames raced through a crowded nightclub in southern Brazil early Sunday, killing more than 230 people as panicked partygoers gasped for breath in the smoke-filled air, stampeding toward a single exit partially blocked by those already dead.

Witnesses said a flare or firework lit by band members started the blaze in Santa Maria, a city of about 225,000, though the official cause was still under investigation.

Television images showed smoke pouring out of the Kiss nightclub as shirtless young men who had attended a party joined firefighters using axes and sledgehammers to pound at windows and walls to free those trapped inside.

Guido Pedroso Melo, commander of the city's fire department, told the O Globo newspaper that firefighters had trouble getting inside because of a "barrier of bodies blocking the entrance."

Guitarist Rodrigo Martins, of the band Gurizada Fandangueira, told Radio Gaucha that the fire "might have happened because of ... the machine we use to create a luminous effect with sparks."

He confirmed that accordion player Danilo Jacques, 28, died, while the other five members made it out safely.

Police Maj. Cleberson Braida Bastianello said by telephone that the toll had risen to 233 — he said earlier that the disaster was likely made worse because the club appeared to have just one exit.

"Large amounts of toxic smoke quickly filled the room, and I would say that at least 90 per cent of the victims died of asphyxiation," said Dr. Paulo Afonso Beltrame, a professor at the medical school of the Federal University of Santa Maria.

Beltrame, who went to the city's Caridade Hospital to help, said he was told the club had been filled far beyond capacity.

"The toxic smoke made people lose their sense of direction ... At least 50 bodies were found inside a bathroom. Apparently they confused the bathroom door with the exit," he told The Associated Press by telephone. THE ASSOCIATED PRESS

Friends and family mourn over one of hundreds of bodies brought to a local gymnasium for identification. NABOR GOULART/THE ASSOCIATED PRESS

Plane crash

Bodies to remain in Antarctica for now

Officials have called off efforts to recover the bodies of three Canadians after a plane crash in Antarctica, saying it would be unsafe to further disturb the wreckage.

One of the agencies investigating the deadly crash says poor winter weather will delay the recovery operation until the next Antarctic research season, which coincides with the region's period of 24-hour sunlight.

Peter West of the U.S. National Science Foundation says rescue crews have retrieved some equipment from the aircraft, including the cockpit voice recorder, which should help authorities learn about what caused the crash. THE CANADIAN PRESS

Vows of 'Never Again' renewed on Holocaust Remembrance Day

Holocaust survivors, politicians, religious leaders and others marked International Holocaust Remembrance Day on Sunday with solemn prayers and the now oft-repeated warnings to never let such horrors happen again.

Pope Benedict XVI, speaking from his window at St. Peter's Square at the Vatican, advocated constant vigilance.

"The memory of this immense tragedy ... must represent for everyone a constant warning so that the horrors of the past are not repeated, so that every form of hatred and racism is overcome and that respect for, and dignity of, every human person is encouraged," the German-born pontiff said.

In a statement, U.S. President Barack Obama said that "the United States, along with the international community, resolves to stand in the way of any tyrant or dictator who commits crimes against humanity and stay true to the principle of 'Never Again.'"

As every year, Holocaust survivors gathered in the Polish winter at Auschwitz — but they shrink in number each year.

The key event in this year's ceremonies was the opening of an exhibition prepared by Russian experts that depicts Soviet suffering at the camp and the Soviet role in liberating it.

Several years ago, Polish officials stopped the opening of a previous exhibition deemed offensive because it depicted Poles and others in Soviet-controlled territory as Soviet citizens, when in reality they were occupied against their will. THE ASSOCIATED PRESS

A memorial ceremony at Raoul Wallenberg Square in Stockholm, Sweden. LEIF R JANSSON/SCANPIX SWEDEN/THE ASSOCIATED PRESS

Italian fascism

Mussolini 'did good': Berlusconi

Former Italian Premier Silvio Berlusconi praised Benito Mussolini for "having done good" despite the dictator's anti-Jewish laws, sparking outrage as Europe held Holocaust remembrances on Sunday.

Berlusconi also defended Mussolini for allying with Hitler, saying he likely reasoned it would be better to be on the winning side.

The media mogul, whose conservatives are polling second ahead of next month's election, spoke to reporters at a remembrance ceremony in Milan.

Berlusconi added that "within this alliance came the imposition of the fight against, and the extermination of, the Jews. Thus, the racial laws are the worst fault of Mussolini, who, in so many other aspects, did good."

More than 7,000 Jews were deported under Mussolini's regime, and nearly 6,000 of them were killed.

Italian laws forbid the defence of fascism. A candidate for local elections, Gianfranco Mascia, pledged that he will present a formal complaint on Monday, seeking to have Berlusconi prosecuted. THE ASSOCIATED PRESS

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Storage-Mart #3002 1020 Wonderland Rd. S, London, ON
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Storage-Mart #3004 155 South Edgeware Rd, St.Thomas, ON
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Fake eagle snatches baby! Funds design scholarship!

A video produced by students at Montreal's Centre NAD appears to show a massive bird plucking an infant off the ground. The school, which teaches 3D animation and digital design, says the project has generated enough money from its views on YouTube to fund a scholarship. YOUTUBE/THE CANADIAN PRESS

Going viral

- Many people treated the hoax video as the real deal. It had only been on YouTube for 30 minutes before it got its first Reddit comment, and then the Twittersphere lit up. Within three hours of it being posted, mainstream media in Quebec, Australia and the United Kingdom picked it up.
- As people began realizing the video was a hoax, the Montreal students were bombarded with interview requests.

Profitable hoax. Viral video wasn't real, but its YouTube views have generated solid cash for Montreal school

A baby-stealing fake eagle is helping a deserving student take flight. The viral video of the eagle, created by students at Montreal's Centre NAD, has received international media attention and had more than 41 million views on YouTube since it was posted on Dec. 18. The minute-long video purported to show an eagle swooping down and grabbing a toddler in its talons at a Montreal park.

And the school says it's also generated a few bucks that will go toward a scholarship for a deserving student at the 3D animation and digital design school. School spokeswoman Claude Arsenault says the amount of the scholarship hasn't been determined because the cheque hasn't yet arrived from Google, YouTube's owner.

The school and the students who made the video can't profit from it because it was made with software bought under an educational licence. Arsenault said the AdSense account with YouTube wasn't even created until some time after it had been initially posted as the school ensured it could do it in accordance with its licences.

Putting the money to a good cause is fine with the video's creators, who were rewarded with a grade of A + for their work on the class project. "Knowing that we helped get the school on the map — it's a good feeling," said Normand Archambault, one of the students who put together the video. THE CANADIAN PRESS

BB10 launch. Can RIM get its groove back?

Once a leader but now derided as a laggard, BlackBerry-maker Research In Motion hopes to regain the confidence of cynical smartphone users this week as the curtain is lifted on its much-anticipated new smartphones.

The stakes are high for the Wednesday unveiling, which many observers say will determine whether RIM survives to see the launch of another BlackBerry smartphone.

It has been a steep decline for RIM, which less than five years ago was the most valuable company in Canada, above Royal Bank. Affectionately called the CrackBerry maker, the mobile communications pioneer was Canada's crowning achievement of the technology sector.

At the height of its hype, the BlackBerry device was splashed across television shows and movies, while then-presidential candidate Barack Obama proclaimed he was a BlackBerry faithful during his first run at the White House.

Nowadays, when observers go through a litany of instances when the company stumbled, they point to everything from RIM underestimating the iPhone's potential; to its leaders being distracted by the possibilities that success brought them; to technical problems including a worldwide four-day outage in October 2011; to the failed launch of the PlayBook, RIM's answer to Apple's iPad.

They also mention the blow to RIM's reputation caused by the delay of its next-generation BlackBerrys, which were seen as the company's best hope to maintain market share against Apple and Android devices. The devices' planned release was pushed into 2012, then delayed again throughout last year.

When the BlackBerry 10 smartphones and operating system are finally showcased to the world this Wednesday, a new chapter in RIM's history will begin.

THE CANADIAN PRESS

New York City Mayor Michael Bloomberg gets a kiss on New Year's Eve in Times Square. He is donating $350 million US to his alma mater, Baltimore's Johns Hopkins University. MIKE COPPOLA/GETTY IMAGES

Bloomberg's donations to alma mater top $1B

New York City Mayor Michael Bloomberg is donating $350 million US to Baltimore-based Johns Hopkins University, the bulk of it to help expand its research on such cross-disciplinary issues as global health and urban revitalization, as his lifetime giving to his alma mater soars past $1 billion US, the university said.

University officials said they believe Bloomberg, who amassed his fortune creating the global financial services firm Bloomberg LP, is now the first person to give more than $1 billion US to a single American university.

By the numbers

50

Money from the gift is expected to endow 50 distinguished professors to be recruited worldwide with expertise spanning traditional academic disciplines.

Most of the latest gift, $250 million, will help foster cross-disciplinary work on global issues at Johns Hopkins, the university said. Funds initially will be used toward the appointment of faculty for interdisciplinary work on a series of issues that also will include individualized health care delivery, sustainability of water resources and the science of learning.

The remaining $100 million is to be devoted to need-based financial aid for undergraduate students, awarding 2,600 Bloomberg scholarships in the next 10 years.

The latest gift brings Bloomberg's giving to the institution just more than $1.11 billion in the 49 years since he graduated — including his first gift of $5 in 1965 only a year after he received his bachelor's degree in engineering.

THE ASSOCIATED PRESS

Creditor claims

Ex-Nortel workers cry foul over fees

Representatives for disabled former Nortel Networks employees have filed a complaint with Canadian and American bankruptcy watchdogs over professional fees paid by the former technology giant's estate.

The complainants have sent letters to the Office of the Superintendent of Bankruptcy Canada and to U.S. Trustee Roberta Deangelis asking for an investigation into the expenses, which they consider "excessive."

They say the now-defunct company's court-appointed monitor, Ernst & Young, failed to rein in the ballooning payments that have "materially reduced" Nortel's assets and the future distribution of cash to its creditors.

THE CANADIAN PRESS

Trade retaliation

Iran bans oil and gas exports to EU

Iran's oil ministry spokesman says all crude oil and gas exports have been banned to the 27-nation European Union, which has already imposed its own boycott on Iranian energy imports as part of sanctions over Tehran's nuclear program.

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LONDON WOMAN TAKES SAVING MONEY TO NEW HEIGHTS

URBAN COMPASS
Todd Devlin
london@metronews.ca

Christine Hicks wasn't always the thrifty shopper she is today. In fact, the woman who now goes by the nickname Coupon Christine has a much different description of her old shopping habits: cringe-worthy.

"I remember going into the store and thinking, 'Well, I need that so I have to buy it,'" she recalls. "So I would pay full price for everything, and I didn't care."

Like many university students, Hicks engaged in one-stop shopping for her groceries, paying whatever the listed price happened to be for the products on her list — necessity and luxury items alike.

She may cringe now, but she also chuckles at how much her habits have changed since then. Today, Hicks is not only a frugal shopper, but she has also emerged as a leader in the couponing world, helping others save money on their shopping bills.

The London mom credits the birth of her daughter with the change.

"I was spending so much money on diapers and formula, I thought: why don't I try and start saving money on this stuff?" she said. "I was pretty much tossing money down the toilet … I figured there had to be a way to save."

Not surprisingly, it didn't take long for her goals to become more ambitious.

"I thought, 'Well, I use shampoo. Is there a coupon for shampoo?'"

Soon Hicks was combing through flyers, clipping coupons and searching online for all kinds of savings. And thus began a passion that has seen her save an estimated $15,000 since 2011.

Along the way, she began to share her passion with others. Today, she has a Facebook following of more than 7,000 and a website — couponchristine.com — where she shares her wisdom and expertise.

Offline, Hicks has appeared on local radio and television programs and shared her couponing tips and tricks at London's Lifestyle Home Show and the Women's Lifestyle Show.

"Everyone should really get into this," she said. "I don't care if you're rich. Everyone needs toilet paper, everyone needs shampoo, everyone needs food. If there are coupons in existence, why wouldn't you (use them)? You can use the savings towards things like trips or family fun."

In March, Hicks is going to Sault Ste. Marie to present a workshop organized by groups working with high-risk populations who are looking to teach their clients about couponing and saving money.

It may be a lot of work keeping up with her ever-growing hobby, but the Londoner says it's definitely a labour of love.

"I do it because people appreciate it," said Hicks, who by day is a research project co-ordinator in the faculty of nursing at Western University. "I get emails from people that say, 'I was living paycheque to paycheque, and now I have extra spending cash.' I got one email out of the blue that said, 'I just want you to know you're awesome.' Things like that … that's really the driving force for me, personally."

Follow Todd Devlin on Twitter @UrbanCompassLdn

She's a super saver

"I was pretty much tossing money down the toilet ... I figured there had to be a way to save."

Christine Hicks
Extreme saver

My 'Knit'tle Ponies take centre stage

ROB MCDOUGALL/VISITSCOTLAND.COM

Scottish heritage

Ponies in jumpers promote Scotland

Scotland is experiencing rather cold, wintry weather as of late, and the locals are certainly dressing for it.

Shetland ponies Fivla, left, and Vitamin are donning traditional Fair Isle-style cardigans for a new advertising campaign championing the natural side of Scotland, the country's knits and farming communities.

METRO

Animal centre's viewpoint

"It was perhaps an odd request to get the ponies in Fair Isle (clothes), and a bit silly, but they were perfectly happy. Hopefully, these pictures will make people smile."

Jo Tonkinson, co-owner of Thordale Shetland Driving Centre, where Fivla (17 years old) and Vitamin (18 years old) are reared.

It is believed that the ponies are related to the ancient Scandinavian ponies from when the islands were joined with Scandinavia (up until 8,000 BC).

Pony promotion power

'Iconic' animals draw attention of the world

Why use the diminutive horse to promote Scotland?

"The ponies are iconic around the world," said Amy Robertson, a spokeswoman from Visit Scotland.

"With Shetland wool and knitwear being so in demand, it seemed like a fun way to celebrate Shetland's natural landscapes, products and heritage."

METRO

Shetland Islands

- **Birdwatchers' paradise:** Home to around 200,000 puffins.
- **Life's a beach in Shetland:** Boasts 138 sandy beaches.
- **Vikings' fire fest:** Up Helly Aa is Europe's largest fire festival. Featuring a torch-lit procession, the annual festivities culminate in the burning of a replica Viking long ship that is then put out to sea.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Does online dating lead to less passionate relationships?

Twitter

@379_Deanne: Realizing if I can hear my neighbors phone convos from the bathroom they can probably hear me when I belt out boyband songs in the shower

@WISE1290SPORTS: Perfect day for a game of shinny!!!

@rickbrealestate: It's a Great afternoon in #LdnOnt to throw on a #redwings Jersey, a toque & dust off the skates for a game of #pond hockey with #friends!

@k_channer: So much hockey this weekend and I love it. Lets try it outside today, switch it up. #hockey

@AbeOudshoorn: It's a rough start to a Sunday morning when you realize you just poured your leftover cereal milk in the garbage, not the sink.

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Hollywood

Abrams vows to make Star Wars fans proud

J.J. Abrams calls getting assigned to direct the seventh live-action Star Wars film "as surreal as it is exciting."

The director-producer-writer spoke with a handful of media outlets on the red carpet before darting into the Producers Guild Awards on Saturday night. Abrams was there to accept the Norman Lear Achievement Award for such television works as Felicity (1998 to 2002), Alias (2001 to 2006), Lost (2004 to 2010), Fringe (20082013) as well as the current series Person of Interest and Revolution.

Abrams also is proving to be a go-to director of successful new films for long-established franchises, such as Star Trek and Mission: Impossible.

Last week, Lucasfilm officially announced Abrams' hiring for Star Wars: Episode VII, which has a tentative release date of 2015. Star Wars creator George Lucas personally endorsed Abrams in a statement: "I've consistently been impressed with J.J. as a filmmaker and storyteller. He's an ideal choice to direct the new Star Wars film and the legacy couldn't be in better hands."

As for Abrams' plans for Episode VII? "You know, obviously, it's so early," he replied. "I can just say what I want to do: I want to do the fans proud. I want to make sure the story is something that touches people. And we're just getting started. I'm very excited."

THE ASSOCIATED PRESS

Rob Corddry says he could play the best friend role in romantic comedies for the rest of his life. HANDOUT

Whose line is it anyway?

Warm Bodies.
Rob Corddry is the best friend of few words in this zom com that required some improv-muscle flexing

NED EHRBAR
Metro World News in Hollywood

Rob Corddry is more than happy playing the best friend in romantic comedies, especially if it involves being a flesh-eating zombie. For Warm Bodies, he takes on the task of dispensing romantic advice to his love-lorn pal (Nicholas Hoult) without the help of verbal communication.

In the romantic comedy world, the best friend character is a pretty familiar role. How different is it when you only have four or five actual words of dialogue in the entire movie?
Before I auditioned for this, somebody said, "Are you sick of playing best friends all the time?" And I was like, "No." I wouldn't play the same one over and over again, but I would play shades of that stock character for the rest of my life. Because it's got everything, you know what I mean? You're often the comic relief, you have your own moments — usually, in good ones, in good stories — you have your own either comeuppance or realization. But this one is like, it doesn't get much of a different shade of that character than this, so it was even more attractive to me.

Your bar "conversation" with Nicholas, with no words, was great. I think I've seen improv exercises like that.
Oh God. Yeah, I've suffered through some myself. This sounds like a brag, but it's very funny, actually. I pitched that conversation taking place at an airport bar, and (director) Jonathan (Levine) was like, "That's actually a good idea." We were at dinner or something and he got on the phone. I'd forgotten about it, and then about 10 minutes later he goes, "They're going to see if they can build the airport bar. I like that idea. By the way, that's a $25,000 idea. You just cost the production $25,000 with this whim!"

How much of a challenge is improvising without the use of words?
I didn't find it a different challenge. Improv should only be a tool and not something that you abuse willy-nilly. Because if you're doing a script, it's because you really like the script and you like the words, and it's not yours to, like, make better somehow. As a matter of fact, I was never the fastest improviser on my team or whatever. But I was young, so I just thought I was bad. I wish I were doing it now, because you recognize it's like a team and everybody's got their job to do. It's like Moneyball, but for improv.

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Cross searching for the Motive of his character

Police drama. CTV's new series turns the cop role upside down and shows the softer side of the boys in blue

STEPHEN ERAMO
Metro World News

Nowadays, Roger Cross is working three times as much, and he couldn't be happier. Besides playing the time travelling terrorist Travis Verta in the sci-fi series Continuum, he's also helping uphold law and order as Det. Lucas Hilton in Arrow.

Completing this acting triumvirate is Cross's upcoming role of Staff Sgt. Boyd Bloom in CTV's new police procedural drama Motive.

This particular character is quite a contrast to either Travis or Hilton and unlike any of the actor's previous roles.

"Boyd is a career cop who was injured on the job," says Cross.

"My character was once the 'action hero' out there fighting crime — much like the detectives now under his command — until he got shot and wound up basically behind a desk.

"Of course, there's some regret and remorse on Boyd's part, but at the same time he's a family man who loves his life and job. That said, Boyd still sometimes wishes that he was out there in the field.

"When I initially discussed my character with Motive's producers and writers, I explained that I didn't want him to be this grumpy, gloomy type of guy. They told me, 'Don't worry, we'll find places to throw in some humour and lightness.' As bitter as the grumpy characters might be, they're also sometimes the funniest. However, in this case I wanted to find a balance with Boyd and make sure he is likable and sympathetic."

It was Bloom who paired up the show's heroine, Det. Angie Flynn (Kristin Lehman), with her partner, Oscar Vega (Louis Ferreira), and he had good reason for doing so.

"Boyd pretty much needs someone to reel Angie in. She's a great detective, but lacks tact and isn't the sweetest of individuals," notes Cross.

"Angie is in your face and doesn't worry about consequences. All that matters to her is catching the bad guys. Vega is a great detective, too, but he knows there are diplomatic ways of doing things. He and Angie are both quirky in their own right, but my character realizes what they can accomplish together."

Speaking of quirks, Continuum's Travis Verta has one or two, while over on Arrow, Det. Hilton is dealing with a hooded superhero who also has some issues of his own.

"The question is, does the greater good outweigh the legality of what Arrow (Stephen Amell) is doing?" muses Cross.

"It's an interesting line to tow and one that will probably get a little more blurred as the show goes on."

Roger Cross plays Staff Sgt. Boyd Bloom on Motive. HANDOUT

Motive

Where can you find the show?

- **Good time slot.** Motive premieres next Sunday on CTV after the Super Bowl.

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Ontario

Jennifer Lawrence

ALL PHOTOS GETTY IMAGES

Jennifer Lawrence out with pneumonia

The pressures of awards season are taking their toll on Silver Linings Playbook star Jennifer Lawrence, who is suffering from pneumonia, according to co-star Jacki Weaver.

The Golden Globe winner also earned a trophy this weekend from Australian Academy of Cinema and Television Awards, but Weaver was there in her place at the L.A. ceremony. "I'm going to receive this on her behalf," Weaver said. "Poor Jen is really sick. She really is sick. She has pneumonia."

Burt Reynolds

Reynolds and his moustache are in the hospital

Burt Reynolds has been hospitalized with the flu and is being treated in a Florida intensive care unit, a rep for the 76-year-old actor confirms to E! News.

"He is doing better. They are taking care of him and his moustache," his rep jokes. "His fever is down and we believe he should be taken out of ICU very soon."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Is this the set list for Beyoncé's Super Bowl XLVII halftime show?

THE WORD
Dorothy Robinson
scene@metronews.ca

Poor Beyoncé — can she keep anything under wraps? First her cover was blown about lip-syncing at the presidential inauguration by a member of the Marine Corp Band (loose lips sink ships — and egos) and now someone has leaked her possible set list for her Super Bowl XLVII halftime show.

According to Us Weekly, the set will start out with just Beyoncé singing her solo hit, Crazy in Love, and then she'll be joined on stage with her Destiny's Child mates Kelly Rowland and Michelle Williams for Bills, Bills, Bills and Survivor. They'll then wrap up the performance with their new single, Nuclear.

The only way this reunion will be complete is if Tina Knowles comes back on board with her matchmatchy, cheapo costumes she used to design for the girls. Make it happen, universe!

Twitter

@EvaLongoria
OMG 5 million followers! When did that happen?! Thx tweeples! I love u!

@chriscolfer
Just finished a chapter in TLOS2 where the twins meet Cinderella's Stepmother. It's very Grey Gardens meets Whatever Happened To Baby Jane.

@hughhefner
I hope everyone is enjoying the weekend. I will be working on my scrapbook this afternoon.

@oliviawilde
Kate Moss says "nothing tastes as good as skinny feels"? Huh. I'm pretty sure that's because you live in England, dude.

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Travel Tidbit

Start budgeting before you book

IT'S ALL RELATIVE
Kathy Buckworth, kathybuckworth.com

A Thomas Cook travel survey reveals that 77 per cent of Canadians plan to travel in 2013. This, despite the fact that many of them say they have to cut down on other expenditures in order to afford it.

Setting up a budget that includes saving for a trip can be tough. Start with deciding realistically where you want to go, how you'll get there, what you want to do and ultimately how much it will cost. It can be easy to research this information on the Internet or work with an accredited travel agent.

Allow for a 10 per cent differential due to changing fuel and other variable costs, and remember to take into account "busy season" rates, depending on when and where you're travelling.

Once you have your target cost, look for areas in your current spending where you can save. For example, 61 per cent of families surveyed said they would eat out less to save toward their vacation.

Cutting back on entertainment and other leisure activities can contribute to your vacation account. Set up a separate bank account (find a no-fee one) to start banking your bucks for a well-needed family getaway. **KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCKWORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.**

Exclusively online

- Who knew that Mommy's most significant parenting feat thus far would be finding you a sippy cup that actually functions properly. Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Keep Fluffy and Fido nice and toasty

Protecting Pets. Take precautions to keep dogs and cats safe as winter settles in

Don't let the fur fool you.

Dogs and cats can be somewhat insulated by their warm-feeling coats, but in the face of frigid temperatures, pet owners need to take extra measures in protecting Fluffy and Fido.

Assessing how long to let pets stay outdoors should be based on numerous factors including the animal's breed, coat type, general health and age, according to an online article originally published in 2010 by the Canadian Veterinary Medical Association.

Determining whether the pet has been acclimated to colder weather and its desire to spent time outdoors should also be considered, the association wrote. For example, "smaller, short-coated, ill or geriatric dogs" have less tolerance for cold, and consequently are limited by the time they may be able to spend outside, the CVMA noted.

"If you like to let your cat out in the backyard, let's say, to roam around on your own property for a short period of time, you should be supervising your animal in a cold weather environment," said Ontario SPCA inspector Paul Harrison.

"Cats are good in the snow, they're pretty hearty, but you may have an older cat whose systems may not be as strong as a younger cat."

If an animal is left outside unsupervised and snow, sleet or rain develops, it won't be able to hold its body temperature without proper shelter to take refuge in, he noted.

If a dog is kept outside in the backyard, Harrison said owners should ensure the shelter is raised above the ground and is well-insulated with shingles. The door should be facing away from prevailing wind.

It's also key to check that an animal's water supply hasn't been frozen and is housed in a non-spillable dish, with the option to consider purchasing a heated water bowl, he added.

Dogs and cats can be somewhat insulated, but in frigid temperatures, pet owners need to take extra measures in protecting them. THE CANADIAN PRESS/GRAEME ROY

Koryn Greenspan, owner of Toronto-based Urban Dog Walks, believes in the BBC acronym for winter pet protection: booties, balms and coats.

Greenspan said her two and a half-year-old pooch, Georgia, is "very finicky" when salt gets into her front paws. Prior to taking her German shepherd-husky-collie mix outdoors, Greenspan tries to ensure her pet stays calm as she applies protective balm on Georgia's paws. "You just want to always instil trust and comfort because it's uncomfortable for the dogs at first to have their paws handled in that way."

Watch behaviour

"Most people know their animal so well. If they start acting differently than they normally would, it could be an indication that they're uncomfortable."

Ontario SPCA inspector Paul Harrison.

The Canadian Veterinary Medical Association suggests trimming excess hair from between a pet's toes, where it tends to trap salt. Ensure any residual salt is rinsed off or removed with a damp cloth and fully dried back at home. Coating the hair between the undersides of the toes with a thin layer of petroleum jelly can help to repel the ice, the association wrote. Both Greenspan and Harrison agree leaving dogs locked up in vehicles is a definite — and dangerous — don't.

"Some people think that because it's colder out they can sustain themselves in a car. They can't," said Greenspan. "If it's cold for you, it's cold for them, and dogs unfortunately can fall ill due to extreme cold weather." **THE CANADIAN PRESS**

Blackberries are like toddlers

There are a few similarities:

1. Mothers joke about how the only time they get to themselves is in the bathroom. This is a complete lie. The peaceful, private utopia usually lasts for only about 3.7 seconds, since both the toddler and the BB inevitably choose the most inopportune moment to interrupt with a whine, yell, thump, or buzz.

2. You've answered all the questions, soothed all the fears, and have powered down everybody and everything for the night. NOT. As soon as you slip into that blissful and necessary deep sleep, you will be awakened by the sound of whining. In this circumstance, the electronic toddler has one clear advantage: There have been no reported cases of a BB oozing out any liquids that require immediate clean up.

3. If they're quiet, you're constantly checking them to make sure everything is OK. If they're loud and interrupting, you just want them to shut up and go away.

4. You love them. You hate them. They drive you crazy when they're "on" and look adorable when they're sleeping.

FROM THE BLACKBERRY DIARIES: ADVENTURES IN MODERN MOTHERHOOD©. COPYRIGHT © 2009 BY KATHY BUCKWORTH. PUBLISHED BY ARRANGEMENT WITH KEY PORTER BOOKS.

Frittata with Smoked Salmon replaces lox with cream cheese

ROSE REISMAN
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This recipe serves 2. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

This Frittata with Smoked Salmon, Cream Cheese and Dill is a light and healthy alternative to lox and cream cheese on a bagel.

Serve it alongside whole grain toast or an English muffin for a complete meal.

Smoked salmon freezes well and will keep in the refrigerator for up to one week.

1. Lightly coat a small non-stick skillet with vegetable oil spray. Heat the oil over medium heat and sauté the onion and garlic for 3 minutes, or until the onion is tender and lightly browned. Remove from the heat and set aside.

2. Whisk the egg substitute, egg whites, milk, salt and pepper together. Add the onion mixture.

3. Spray a clean 10-inch skillet with vegetable oil, add the egg mixture and cook for 4 minutes, or until nearly set.

4. Dot the cream cheese overtop, cover and cook until the frittata is set, 2 minutes. Sprinkle with the dill and smoked salmon. Slip frittata onto serving platter with spatula.

5. Cut into wedges and serve immediately. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Ingredients

- 1 tsp vegetable oil
- 1/3 cup finely diced onion
- 1/2 tsp crushed fresh garlic
- 1/2 cup egg substitute (or 2 large eggs)
- 3 egg whites
- 1/3 cup low-fat milk
- pinch salt and freshly ground black pepper
- 2 tbsp low-fat cream cheese, softened
- 3 tbsp chopped fresh dill
- 1/4 cup diced smoked salmon

Healthy eating

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Swiss Chalet, aside from its delicious "jus" and chicken dinners, is known for other options. However, some of those options will pack on the calories.

Swiss Chalet Poutine

910 calories / 50 g fat
Just the name "poutine" can clog your arteries: French fries, cheese curds and gravy. With three quarters of your daily calories and fat, there's no room for any nutrition!

Equivalent

One Swiss Chalet Poutine is equal in calories to a 1 1/4 lb flank steak.

Swiss Chalet Classic Hot Chicken Sandwich (with white meat)

520 calories / 11 g fat
This is a more nutritious meal with lean protein and little fat.

The In-Credibility Factor

Name: Sonya Esman
City: Toronto
Age: 17
Occupation: Fashion blogger, YouTube vlogger and actress

THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Sonya Esman flew to England to help design jewelry after winning the #NokiaLVK Fashion Quest. PROVIDED

At only 17 years of age, Sonya has started to make her mark in the fashion world as a blogger, a regular contributor on YouTube and as an actress (Degrassi, Camp Rock 2, Rookie Blue). She recently beat out contestants from around the world to win the #NokiaLVK Fashion Quest.

Two weeks ago, she jetted off to London, England to collect the grand prize: a chance to design a piece of jewelry with designer Leila Kashanipour of LeiVanKash.

I knew I was on my way when ...

I knew I was on my way when I found out that I won the #NokiaLVK Fashion Quest. It felt surreal because Leila of LeiVanKash is someone I really look up to and she blew me away with her knowledge and experience.

We decided on a limited edition design of a pair of earrings featuring a druzy stone.

Everything I came to London for I put on a piece of paper.

It was my take, my favourite jewelry put into her designs.

I thought it was absolutely beautiful and it will be featured in her line. In the future, I want to keep video blogging and I want to build a brand that will hopefully develop into my own career and occupation.

Action Plan:

Keep practising your craft

Know what you want from your career or passion in life.

Don't be afraid to make mistakes and make good investments

If you're making YouTube videos, buy a good quality camera so it reflects in your work.

Network with other people and have mentors that can guide you

Do a lot of research because there are a lot of resources online that will help aspiring bloggers or YouTubers.

Don't get taken while you type

Social snakes. The Net can be an impressive tool for self-promotion, but watch out for those info-snatchers

Familiarize yourself with your social network's privacy settings to help control who can see your information. ISTOCK

Sharing pictures and information online through social networks has become a normal way of life for tech-savvy millennials.

Unfortunately, some technology experts are concerned that young people's sharing can go too far, putting their security at risk.

A recent survey by Visa Canada found that young Canadians, aged 18 to 30, were the most likely age group to overshare personal information on social networking sites, including posting their home addresses, birth dates and phone numbers online — information that could potentially be used to carry out identity theft and other scams.

What's more, it appears this willingness to share extends into the offline world. The same survey also found Security experts are chiming in to urge Canada's young people to show some restraint to avoid putting their personal financial information at risk.

"Young adults need to better understand the risks associated with oversharing personal and financial data," says Gord Jamieson, the head of security at Visa Canada.

"The more information you post, the more likely a thief will have enough information to access your accounts and commit fraud."

Jamieson recommends young people, and all Canadians, remember these security tips before posting online:

• Personal information is just that — personal. Don't post information such as payment card info or your SIN in a public forum or on a social networking site.

• Pay close attention to what you share on social networking sites — even seemingly innocuous information such as your mother's maiden name or your high school mascot can help a thief gain access to your accounts.

• Create strong, unique passwords for each of your accounts. Using different passwords will limit any damage if one password is compromised.

NEWS CANADA

Keep an eye out

Scams aren't always what they seem

- Be suspicious of any requests for your personal or payment information no matter how convincing the communication or phone call you received may be.
- Scammers may use tactics like phishing and social engineering to trick consumers into divulging personal or payment information.

Less posts, less problems

"The more information you post, the more likely a thief will have enough information to access your accounts and commit fraud."
Gord Jamieson
Visa Canada

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NBL

Lightning limp to loss in Windsor

The London Lightning couldn't hold on to a three-point lead at halftime and lost 99-93 to the Express in Windsor on Sunday.

Rodney Buford led the Lightning with 21 points, while Elvin Mims had 17.

Marvin Phillips had 16 points and 15 rebounds for the Lightning, who led 53-50 at the half.

Windsor's Chris Commons led all scorers with 28 points.

London resumes National Basketball League of Canada play on Feb. 7 in Moncton against the Miracles. **METRO**

OHL

Rupert's tally helps Knights edge Frontenacs

Matt Rupert scored the winning goal at 16:06 of the third period as the London Knights edged the host Kingston Frontenacs 3-2 on Sunday afternoon.

Seth Griffith and Dakota Mermis also scored for the Knights (37-9-3), while Matt Rupert picked up an assist for a two-point outing.

Griffith's goal gives him a one-point lead over Sault Ste. Marie Greyhounds forward Nick Cousins for the OHL scoring lead. The 19-year-old has 31 goals and 77 points in 49 games.

Mermis, who started the 2012-13 season as a member of the University of Denver Pioneers, has three goals and 10 points in nine games since joining London on Jan. 4th.

Ryan Hanes and Billy Jenkins scored for the Frontenacs (20-23-4), who are winless in their last eight contests.

Anthony Stolarz stopped 28 of 30 shots for the win as Mike Morrison turned away 29 shots in a losing cause. **THE CANADIAN PRESS**

Senators forward Kyle Turris, left, leans on Penguins captain Sidney Crosby in first-period action on Sunday in Ottawa. SEAN KILPATRICK/THE CANADIAN PRESS

Pens prove mightier than Sens in shootout

NHL. Forward Neal keys Pittsburgh victory in nation's capital

James Neal scored in regulation and in the shootout as the Pittsburgh Penguins defeated the Ottawa Senators 2-1 on Sunday.

Sidney Crosby and Evgeni Malkin, with the winner, also scored in the shootout for Pittsburgh (4-2), which snapped a two-game skid.

Colin Greening scored a second-period goal for the Senators (3-2-1), while Jason Spezza and Kyle Turris collected shootout goals after Marc-Andre Fleury stopped Milan Michalek on the first attempt.

On Sunday

Penguins	Senators
2	1

The Senators had a golden opportunity to win in regulation when Erik Karlsson's slap shot from the slot sailed just wide of Fleury with less than 40 seconds to play.

Jakob Silfverberg had a chance in overtime for the Senators, but after stealing the puck at his own blue-line from Chris Kunitz, he was tracked down on a breakaway by Ben Lovejoy before he was able to get a shot off.

Greening's first goal of the season for the Senators at 13:44 of the second came after miscues from both teams. Spezza had the puck in the Penguins' end and although his shot was stopped by Fleury, Greening was there for the rebound and he tucked it in from along the goal line.

Neal's one-timer at 13:31 came after a cross-ice pass from Malkin, who has five assists this season.

Craig Anderson made 33 saves in net for the Senators, while Fleury stopped 31 shots. **THE CANADIAN PRESS**

Pair of firsts in Washington

Alex Ovechkin scored his first goal of the season Sunday, and the Washington Capitals became the last NHL team to get a win, beating the Buffalo Sabres 3-2.

- After a fruitless first week, Ovechkin found the net with a one-timer from the left circle on a power play with 14:49 remaining in the game.
- "We finally win," Ovechkin said. "So it's much, much better for us right now. No pressure (on) our shoulders." **THE ASSOCIATED PRESS**

4 SPORTS

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Super Bowl finalists prove defence matters

Baltimore Ravens strong safety Bernard Pollard stretches on Thursday at the team's training facility. The Ravens face the San Francisco 49ers in Super Bowl XLVII in New Orleans on Sunday. PATRICK SEMANSKY/THE ASSOCIATED PRESS

Big-game lead up.
A pair of oft-penalized, hard-hitting defences are meeting in final

It was as if linebacker Ray Lewis, safety Bernard Pollard and the rest of the Baltimore Ravens' defence set out to provide a quarter-by-quarter demonstration of how they do business.

About 11 minutes into the AFC championship game against Tom Brady and the New England Patriots, Lewis drew a 15-yard unnecessary roughness penalty for a helmet-to-helmet hit that pushed tight end Aaron Hernandez's chin strap up near his nose.

Then, in the second quarter, linebacker Dannell Ellerbe gave New England another free 15 yards by hitting an offensive lineman in the face mask in response to an after-the-play shove.

Fast-forward to early in the third, and Pollard was flagged for his team's third personal foul of the day, thanks to a leaping hit against the helmet of receiver Wes Welker. Two plays later, Welker dropped a third-down pass.

And finally, a couple of minutes into the fourth, Pollard struck again. No penalty was called this time, but his helmet-to-helmet hit on Stevan Ridley resulted in a fumble and left the running back on his back, looking limp and helpless. Ridley left the game with a head injury, while the Ravens recovered the football and were on their way to next Sunday's Super Bowl against the equally aggressive San Francisco 49ers.

In an age of high-powered offences in the NFL — this season's games featured 45.5 points, the highest average since 1965 — and increasingly safety-conscious officials, two hard-hitting, oft-penalized defences are meeting in the final. Second-half shutouts of the Patriots and Atlanta Falcons in the conference title games were the latest reminder from the 49ers and Ravens that defence still matters.

Sometimes it isn't about some sort of newfangled, complicated Xs-and-Os defence, either. It's about players pushing it to the limit — and, sometimes, perhaps beyond — in a league taking steps to rein in certain kinds of hits.

"Being physical? That's vital, man. That's what we live by," Baltimore cornerback Cary Williams said. "That's something that Ray Lewis established here back in '96, and we're going to continue to do that."

What about San Francisco's defence?

"They're just as physical as we are," Williams replied, offering what in his mind is probably the highest compliment he could pay another team's players. THE ASSOCIATED PRESS

Quoted

"I'm not sitting here saying that we're intimidating everybody or anything like that. But you know we're coming to hit you, for sure."

Ravens linebacker Paul Kruger

Comparing defences

- Opposing offences scored 15.5 points per game against the 49ers, which ranked third in the 32-team NFL in the regular season. The Ravens gave up 20 per game, 11th-best.
- The 49ers allowed only two touchdown passes of 20-plus yards, the lowest total in the league. Baltimore allowed six.
- During the regular season, the Ravens had an NFL-high 19 personal fouls. They were also penalized more yards overall than anyone else. The 49ers tied for fourth with 15 personal fouls and ranked fifth in penalty yardage.

NBA. Celtics beat Miami but lose Rondo

Paul Pierce hit a go-ahead jumper with 31 seconds left and the Boston Celtics beat the Miami Heat 100-98 in double overtime Sunday, then learned that All-Star point guard Rajon Rondo will miss the rest of the season with a knee injury.

Rondo will have surgery for a torn anterior cruciate ligament in his right knee. He was hurt in Boston's 123-112 loss, also in two overtimes, to the Atlanta Hawks on Friday night.

The post-game mood "was good" before he told his players the extent of the injury, coach Doc Rivers said.

It was the first game in Boston for Ray Allen since he left the Celtics after five seasons and signed as a free agent with Miami. He scored 21 points.

Pierce had 17 points, 13 rebounds and 10 assists for the Celtics, who ended a six-game losing streak, their longest in six seasons. LeBron James had 34 points for the Heat.

THE ASSOCIATED PRESS

NBA

Lakers quiet Thunder in L.A.

Kobe Bryant had 21 points, 14 assists and nine rebounds, Steve Nash added seven of his 17 points in the final five and a half minutes, and the Los Angeles Lakers held off the NBA-leading Oklahoma City Thunder 105-96 Sunday.

Pau Gasol scored 16 points in a reserve role as the Lakers picked up the most impressive victory of their thoroughly unimpressive season, coolly maintaining a small lead down the stretch of their second straight win after a four-game skid.

Los Angeles had lost nine of its last 11 against the powerful Thunder, including four of five in the clubs' second-round playoff series last spring.

THE ASSOCIATED PRESS

Djokovic wins record 3rd-straight Aussie open

No shirt ripping or bare-chested flexing this time.

Novak Djokovic completed his work before midnight, defeating Andy Murray in four sets for his third consecutive Australian Open title and fourth overall.

"Winning it three in a row, it's incredible," Djokovic said after his 6-7 (2), 7-6 (3), 6-3, 6-2 victory Sunday night. "It's very thrilling. I'm full of joy right now. It's going to give me a lot of confidence for the rest of the season, that's for sure."

Nine other men had won consecutive Australian titles in the Open era, but none three straight years.

A year ago, Djokovic began his season with an epic five-hour, 53-minute five-set win over Rafael Nadal at the Australian Open, the longest Grand Slam final. He tore off his shirt to celebrate. The TV replays repeated constantly at this tournament.

He mimicked that celebration after coming back to beat Stanislas Wawrinka in five hours in a surprisingly tough fourth-round victory this time.

Since then, he's looked every bit the No. 1 player. He said he played "perfectly" in his 89-minute win over fourth-seeded David Ferrer in the semifinals Thursday night. Murray struggled to beat 17-time major winner Roger Federer in five sets in the semifinals Friday night, and still had the bad blisters on his feet to show for it in the final.

Novak Djokovic celebrates his win Sunday at the Australian Open final in Melbourne, Australia. THE ASSOCIATED PRESS

Djokovic said he loves playing at Rod Laver Arena, where he won his first major title in 2008. He now has six Grand Slam titles altogether. Federer has won four of his 17 majors at Melbourne Park, and Agassi is the only other player to have won that many in Australia since 1968.

Murray broke the 76-year drought for British men at the majors when he won the U.S. Open last year and said he'll leave Melbourne slightly more upbeat than he has after defeats here in previous years.

"The last few months have been the best tennis of my life. I mean, I made Wimbledon final, won the Olympics, won the U.S. Open. You know, I was close here as well," he said. "No one's ever won a slam (immediately) after winning their first one. It's not the easiest thing to do. And I got extremely close."

THE ASSOCIATED PRESS

Women's final

Victoria Azarenka won her second consecutive Australian Open title on Saturday, beating Li Na 4-6, 6-4, 6-3 in a final that included a break for fireworks, two medical timeouts and a nasty fall to the court by Li.

- Azarenka, who broke down in tears and sobbed into her towel when the match ended, won her second major title and retained the No. 1 ranking.

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Focus on the things that are going well for you rather than the things that are going wrong. Financially and affectionately you have much to look forward to, so be positive and before long positive things will occur.

Taurus
April 21 - May 21
You won't be able to hide your feelings over the next seven days – and nor should you want to. You will be much more outgoing and much more likely to tell others what you really think of them!

Gemini
May 22 - June 21
No matter how reserved emotionally you may be most of the time now you must go right the other way and leave those you love in no doubt how you feel about them. A hug and a kiss is always the best remedy.

Cancer
June 22 - July 23
You will find it easier to get along with authority figures as the new week begins. There will still be disagreements, of course, but at least you will be thinking along the same lines and pulling in the same direction.

Leo
July 24 - Aug. 23
The most important thing this coming week is that you keep a sense of perspective and remember that no matter how much you want to get ahead in the world personal relationships matter more. Love is the key.

Virgo
Aug. 24 - Sept. 23
You may be bored by what you are working on at the moment but the planets indicate that if you make a good job of it you will be rewarded with more enjoyable tasks in the future. Pretend that it's fun.

Libra
Sept. 24 - Oct. 23
Love will come back into your life this week and it won't be long before you feel in tune with the world again. Don't wait for loved ones to tell you how much they care – tell them how much you care first.

Scorpio
Oct. 24 - Nov. 22
Not even a Scorpio can keep moving at your present pace, so slow down and give yourself a break – yes, you CAN afford the time. If you fall behind in your schedule it means your schedule is too tough.

Sagittarius
Nov. 23 - Dec. 21
You have beaten off some serious challenges to your authority. Well done! Now you must find ways to get back in the good books of someone you fell out with along the way. What can you do to win them round?

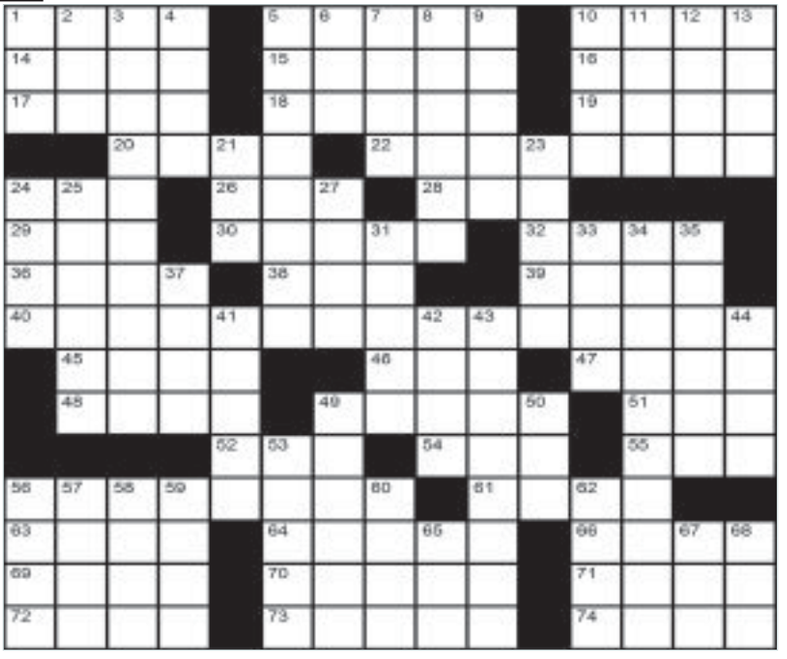
Capricorn
Dec. 22 - Jan. 20
If you make an effort to see things from someone else's point of view today you will gain a valuable insight into why they think the way they do. Once you understand them you won't feel so threatened.

Aquarius
Jan. 21 - Feb. 19
Changes of one sort or another are inevitable over the coming week but that's a good thing, so don't hide yourself away from the world. The Sun in your sign will motivate you to make those changes work for you.

Pisces
Feb. 20 - March 20
You will be pleasantly surprised by what happens over the next few days. Money matters will no longer worry you the way they once did and relationships and friendships will be a lot of fun. It's all good. SALLY BROMPTON

Crossword: Canada Across and Down

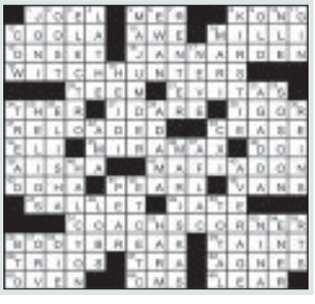
BY KELLY ANN BUCHANAN



Across
1. BC-mined stone
5. __ Gwaii (Queen Charlotte Islands, formerly)
10. Canadian actor Eugene
14. Single-named supermodel
15. Ms. Lavigne
16. Nabisco cookie
17. __ McMurray, AB
18. Poetry
19. Intellect
20. Actress Ms. Russell
22. Canadian country singer, Crystal __
24. Camera mugger
26. PEI part, for short
28. Author Ms. LeShan
29. Ms. Longoria
30. London, England's tallest building, The __
32. "__ and Dumber" (1994)
36. Net balls
38. Canadian broadcaster Mr. Lewis
39. Duelling weapon
40. Chief Correspondent of CBC's "The National": 2 wds.
45. "Finding __" (2003)
46. 'S' of RSVP
47. Priory of __, in "The Da Vinci Code" (2006)
48. The real thing, for short
49. Premiere
51. Whichever
52. 'Jag' add-on (Posh car)
54. Beaufort __
55. "Who Wants to __ _ Millionaire"
56. PM's official res. at 24: 2 wds.
61. Jodie Foster movie
63. "Charmed" sister
64. Lyre-playing Muse
66. De-squeaks
69. Stuff
70. Roman Myth: Romulus' twin brother
71. Footprint
72. Pas __ (Solo ballet dance)
73. Metalwork tool
74. Better Than __ (Rock band)

Down
1. Peanut butter brand
2. "La Isla Bonita" line: "Te dijo te __."
3. Universe stuff, in Cosmology: 2 wds.
4. Duck, in Dusseldorf
5. Dickensian Miss of Satis House
6. Ottawa's Carling, e.g.
7. Flawed goods, for short
8. Shared juicy news
9. Follow _ __ (Sleuth)
10. Toronto's Casa
11. "__ Brockovich" (2000)
12. Hawk
13. George Lucas character
21. Belonging to Providence's li'l state
23. Flamingo, for one
24. Beatles movie!
25. Jennifer Aniston is the new face of this skincare brand
27. Eruption's emission
31. Shampooing direction
33. Neil Sedaka's "Breaking __ Hard to Do": 2 wds.
34. Star's in-promotion-mode undertaking: 2 wds.
35. "Scram!"
37. __-sweet chocolate
41. Scoundrel
42. The Baldwins, e.g.
43. Dime schooner
44. Irish singer
49. 'Celebrity Rehab' physician: 2 wds.
50. __ kwon do
53. Lumberjacks
56. Beach lotions' 15 and 30, e.g.
57. "Ugly Betty" actor Michael
58. U.S.S. Enterprise navigator
59. Real estate verb
60. Avatar of Vishnu
62. Misplace
65. Strong boat
67. Celtic sea god
68. Pampering resort

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6		5		2			3
				6		8		4
				9		6	1	
	9						3	8
			9		8			
1	3						7	
	8	6		4				
9		3		5				
2			7		9		8	

Friday's Sudoku

8	5	4	2	3	9	6	1	7
9	3	7	8	1	6	4	5	2
6	2	1	7	5	4	9	3	8
7	9	8	4	2	5	3	6	1
3	1	5	6	9	7	2	8	4
2	4	6	3	8	1	7	9	5
1	8	2	9	4	3	5	7	6
5	7	9	1	6	2	8	4	3
4	6	3	5	7	8	1	2	9

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